‘It gave me a reason to live’

Seven years ago, a program that allowed B.C. women to give birth and live with their babies at a provincial jail was shut down. In 2013, the B.C. Supreme Court ordered it reopened. But since then no mother has been admitted to the program.

A METRO SPECIAL INVESTIGATION

Toronto metro

Your essential daily news | TUESDAY, DECEMBER 1, 2015

WEATHER WOMEN

80 PER CENT CHANCE OF WEARING THIS DRESS

metroLIFE

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THE WORLD CLIMATE CONFERENCE

‘Indigenous peoples have known for thousands of years how to care for our planet. The rest of us have a lot to learn. And no time to waste.’

Prime Minister Justin Trudeau travelled to Europe to tell the world that the fight against climate change starts at home.

metroNEWS

ISTOCK

City knew of low visibility

BATHURST AND EGLINTON

A week later, a pedestrian was killed by truck

Jessica Smith Cross
Metro | Toronto

City staff fielded a complaint about streetlights not working at Bathurst and Eglinton a little more than a week before an early morning crash killed a pedestrian.

Joanne Smith, who drives through the intersection regularly, called 311 on Nov. 16 to report the outage. She told the operator she was afraid she was going to hit someone because of poor visibility, Smith told Metro.

The lights — four on the south side of Eglinton — weren’t working Monday evening. A 22-year-old woman died after being hit in the crosswalk by a fuel truck at 5:40 a.m. Friday.

City spokesman Steve Johnston confirmed Smith’s call to 311 and said it was passed along to Toronto Hydro, which handles streetlight repairs.

Tori Glass, a hydro spokeswoman, said the company “received a notification” on Nov. 16. She was still looking into the details Monday evening.

Shortly after the woman was killed, police spokesman Const. Hugh Smith said it appeared the driver of the tanker truck didn’t immediately notice he had hit someone.

The victim, whose name has not been released, was crossing Eglinton from north to south on the west side of the street, Smith said. She had reached the southern part the street and was hit as the truck turned right to head south on Bathurst, he said.

The driver continued a short distance and stopped after being alerted by a witness, police said. He then returned to the scene, where he went into shock and was hospitalized, Smith said.

Police are still investigating the crash and, on Monday morning, appealed for witnesses to come forward. They have not said if the driver, identified only as a 45-year-old man, will face charges.

Two of the darkened streetlights, above a lit traffic light, on Monday. JESSICA SMITH CROSS/METRO

TORONTO STAR TOUCH

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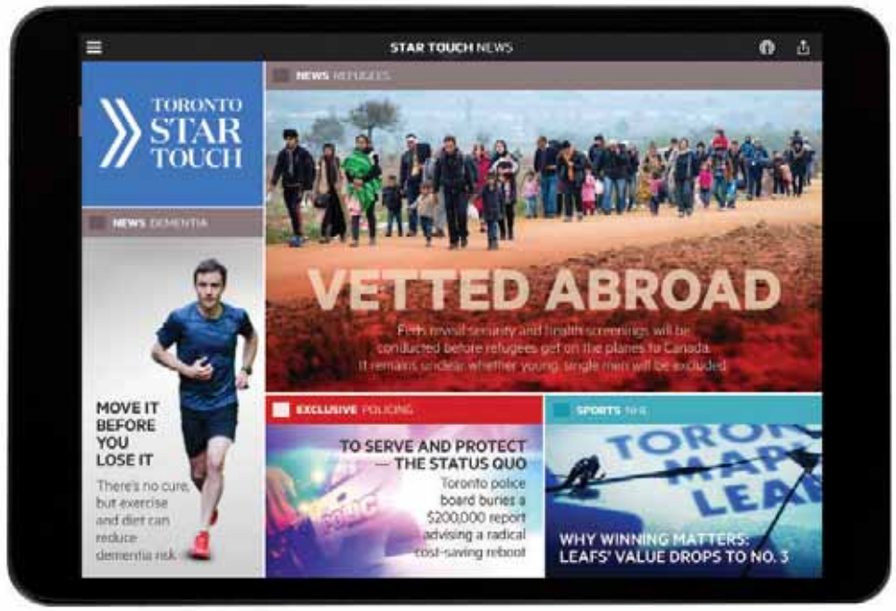
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There's no cure, but exercise and diet can reduce dementia risk
EXCLUSIVE POLICING
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metro NEWS
Your essential daily news

Can you do this? Two-year-old Sophia can name all of nation's new ministers. **Canada**

The lowdown on being lit up

POLICY

Officials seek guidelines for Toronto sign's special colours

Luke Simcoe
Metro | Toronto

The "Toronto" sign in Nathan Phillips Square has become so popular that the city is considering an official policy governing how to change its lighting display.

Since being unveiled during the Pan Am Games, the sign has been lit up six times for six different causes, ranging from the Blue Jays' playoffs run to the Transgender Day of Remembrance.

Until now the decision to change the sign's colours has been made on an ad-hoc basis, but city officials say that needs to change.

"Once we started getting requests and when we knew the sign was staying on the square following the Pan Am and Parapan Am Games, it became clear we need some guidelines to ensure consistent practices," said city spokeswoman Wynna Brown.

Coun. Norm Kelly is a big fan of the 3-D sign, and has asked the city to install other ones throughout Toronto. He agrees that a policy is needed and said the sign should only be changed at the behest of charities or non-profit groups.

"What a policy does is that it puts the small, not well known or even well-funded charitable organizations on the same platform as those that are bigger, more popular or more affluent," he said. "It levels the playing field."

Kelly said the popular sign is an ideal vehicle for promoting good causes. When the Charlie Hebdo attacks occurred in Paris, he said the city flew the French flag from the top of City Hall, but few people noticed.

It was a different story when the Toronto sign was lit up following the Nov. 13 terrorist attacks in Paris.

"If you were walking or driving past City Hall, you might not have noticed the flag, but the sign is right in front of everybody. You can't miss it," Kelly said.

Council is expected to consider the sign policy in the first quarter of 2016.

The city is considering creating a policy governing how the lights on **the Toronto sign in Nathan Phillips Square** will be changed to commemorate events. LIZ BEDDALL/METRO

GLOWING WITH PRIDE RAINBOW OF REASONS FOR ATTRACTING ATTENTION

How has the sign been lit up?

- Toronto Blue Jays' playoffs (blue and white)
- Toronto FC playoffs (red and white)
- Remembrance Day (red)
- In solidarity with France (red, white and blue)
- Transgender Day of Remembrance (blue, pink and white)
- International Day for the Elimination of Violence Against Women (orange)
- Pan Am Games (rainbow)

TORSTAR NEWS SERVICE

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Metrolinx toughens up on bad behaviour

RULES

Passengers face big fines for anti-social acts in transit

Luke Simcoe
Metro | Toronto

Putting your feet up on board a GO train? That'll be $75.

Spitting on the Union Station platform? $100.

Metrolinx, the provincial body that oversees GO Transit, has updated its rules governing passenger behaviour on its property. The new rules – and increased fines – go into effect this week.

"Most of Metrolinx's fines were set before 2002 and have not kept pace with comparable fines imposed by other regional transit operators, notably TTC and York Region Transit," said spokeswoman Anne Marie Aikins.

The fines are being upped for "the safety and well-being of passengers," Aikins said, not as "a revenue-generation tool."

In addition to higher fines, some of the language in the by-laws was clarified or modernized, Aikins said. For example, smoking prohibitions are now extended to e-cigarettes.

The full list of banned behaviours can be found online, and range from the obvious (littering on Metrolinx property will cost you $125) to the absurd (defecating on a train platform is $125, which is coincidentally the same fine for urinating).

Passengers can also be fined if their music is too loud, for not wearing shoes and if they're caught hanging on to the outside of a train.

"It's not unheard of that that happens," Aikins said.

One of the more unusual fines is a $75 ticket for "placing an object on a vehicle seat."

"Our transit safety officers have discretion, and it would have to be an extreme example of that before we would fine someone," Aikins said. "It would have to be something that stained a seat or a case where someone refused to move something to allow another passenger to sit down."

Keep those platforms clean, folks, or you'll pay. TORSTAR NEWS SERVICE FILE

$125

That's the fine for littering on Metrolinx property, according to new rules that go into effect this week. It's the same fine, incidentally, as for defecating or urinating on a train platform.

AWARD

Stop the cycle of violence: Musician

Gilbert Ngabo
Metro | Toronto

Emmanuel jal
TORSTAR NEWS SERVICE FILE

Former child soldier Emmanuel Jal wants the world to stop fighting violence with violence.

The message is getting a big nod this week as the Toronto musician receives the World Citizen Artists award in Paris, a recognition of his work to promote peace through his art.

The award recognizes individuals and projects making a difference in the world through creativity. The inaugural award, given out last year, went German group Be Japy for their campaigns promoting acts of kindness.

Education and tolerance are the only solutions to increased brutality gripping the world, Jal says.

"There's a lot of fear out there, and there's a lot of people who know how to benefit from fear," he said. "When we are scared, that's when we kill each other."

Hatred driven by fear is something Jal has known personally and fought hard to get away from. As a child soldier in South Sudan, he "hated Muslims" and wanted "to kill as many Muslims as possible," Jal said.

"But I've changed. I've come to know that as many Muslims are victims of (ISIL) and terrorism as everyone else."

World Citizen Artists, based in Paris, will be running a series of documentaries about Jal's achievements throughout the month.

Jal has travelled to remote areas of various countries to share his music and personal experiences. Many children can relate to his story, he said, and he hopes they can change for the better.

"Children I've met are very smart, all they need is an opportunity," he said. "Everybody wants peace and food on the table."

IN BRIEF

Shooting victim identified
Toronto police have identified 27-year-old Jamahl Darling from Toronto as one of the victims of a 4:30 a.m. shooting in traffic Monday, near Finch Avenue West and Highway 27.

Darling, sitting in the front passenger's seat of a car, was shot multiple times. The car's female driver was struck in the leg.
TORSTAR NEWS SERVICE

AIDS group running dry

TAC BUDGET

Donors giving to government coffers instead of non-profits

Gilbert Ngabo
Metro | Toronto

One of the largest organizations in the fight against AIDS could close up shop because its running out of money.

South Africa-based TAC — Treatment Action Campaign — is one of a handful of groups whose representatives are meeting in Toronto on Tuesday to discuss the challenges they face as people mark World AIDS Day.

The organization has been at the forefront of the battle against HIV in South Africa and across the continent. A big part of its $20-million annual operating budget comes from foreign donors such as the UK's Department for International Development, the President's Emergency Plan for AIDS Relief in the U.S. and Global Fund.

But the contributions have been shrinking, with donors putting more and more money directly into government coffers rather than non-profits.

"This is a big concern to us," said Vusiyeka Dubula, TAC's former general secretary who teaches about the social aspects of HIV/AIDS at South Africa's Stellenbosch University.

The group could end some of its community programs by March if it can't find new sources of funding, she said.

"It would be a disaster for South Africans," she said, adding the country has the highest prevalence of HIV around the world.

About 6.5 million South Africans are HIV-positive and only 3.5 million are receiving antiretroviral treatments.

Vusiyeka Dubula works with the Treatment Action Campaign events. The South Africa-based group is looking for funding options. CONTRIBUTED

Of the 37 million around the world infected with HIV/AIDS, more than 25 million of them in Africa. About 75,000 people live with the virus in Canada.

STUDY

Many Canadians lack basic knowledge of the virus.
— Only 55 per cent said they have known the HIV status of a sexual partner before engaging in unprotected sex.
— Only 54 per cent of people surveyed believe HIV is a treatable, chronic condition, and only 28 per cent believe effective treatment can greatly reduce the chances of transmission.
— Just 56 per cent of respondents said they'd be comfortable sharing a kitchen or washroom with an HIV-positive person.
— About 25 per cent of Canadians have never been tested for HIV.

THOUSANDS OF CANADIANS HEAD TO ECUADOR FOR THEIR RETIREMENT

Advertising feature

Starting in 2010 with the sale of land lots on the Ecuadorian Pacific coast, HolaEcuador, a Canadian company is now into its sixth year offering diversified real estate opportunities and a wide array of services. Every year, the team helps hundreds of Canadians acquire property in South America.

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75% SOLD

"The development on which we're currently working is a beautiful 130-acre property that sits directly in front of the Pacific Ocean", states Gordon Poole, Vice-President Design and Construction. "It is located 60 kilometers south of Manta, the regional capital. Of the 1,700 lots on the development, there are only about 350 left unsold", he adds.

"Infrastructure is coming along quickly, and construction is well underway, with 125 homes completed and many more starting this year. A beautiful outdoor sports facility is now operational, businesses are beginning to set up shop and the parks are simply breathtaking. A few years from now, this little slice of heaven will be the envy of investors who didn't seize the opportunity", says Poole.

WELL-KEPT SECRET

For now, Ecuador remains a relatively well-kept secret. "Prices reflect what was available in Costa Rica 15 years ago, but in a country where first-rate and modern infrastructure is already in place," says Poole. Lots on HolaEcuador's Pacific coast development start at US $22,600, while construction of a two-bedroom, one-bathroom house starts at US $69,900. "The country is amongst the safest in Latin America and the currency is the US dollar, which is very reassuring for investors," adds Poole.

WHY ECUADOR?

- Best country in the world for retirement – *International Living, 2009-2013, 2015*
- 13th in the world for the effectiveness of healthcare – *Bloomberg Magazine, 2014*
- One of Latin America's safest countries
- Cost of living 3 times lower
- Accessible residency status
- No hurricanes

WHY HOLAECUADOR?

"With HolaEcuador, buyers have the benefit of signing a **Canadian contract** with a Canadian company and they are assured that they will fully own their deed outright", confirms Poole. "And all the documentation is provided in English, while the property is in a Spanish-speaking country. We also make sure that we work in harmony with the people of the region, their local customs and culture, and, of course, in agreement with the laws and rules of the country", he adds.

The administrative team works tirelessly to enhance its **support service** to further help those who are just taking their first steps towards international property ownership and living. "In addition to helping our clients, step by step, in their choice of a land lot and eventually in the construction of their dream home, our sales representatives can refer them to various complimentary services such as relocation and immigration", says Poole.

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Cyclists keen on bike pilot

TRANSPORTATION

Residents to eye proposed Bloor Street West lanes

Luke Simcoe
Metro | Toronto

People will get their first glimpse of proposed Bloor Street West bike lanes this week — and Matthew Languay couldn't be happier about it.

He's expecting the lanes, slated to arrive on the east-west corridor next year as part of a pilot project, to give his fledgling business a boost.

"We opened in this location for quite a few reasons, but the most obvious one and the biggest benefit to us is that we're accessible to people without cars," said Languay, whose Basecamp indoor climbing gym is set to open later this month in the old Metro Theatre building.

"A lot of climbers are very athletic people and they tend to lean more toward cycling."

A public consultation on the lanes is planned Wednesday at Trinity-St. Paul's Church (427 Bloor St. West). They'll run from Shaw to Avenue Road.

Languay said one of the items on his "very long to-do list" is contacting the city to get more bike posts installed outside the gym before it opens.

Cycle Toronto director Jared Kolb expects the project to "unlock a huge amount of latent demand" for cycling along Bloor.

Some 60 businesses along Bloor Street signed a Cycle Toronto petition in support of the bike lanes, and the local BIAs plan to study the economic impact of the pilot lanes.

However, not all business owners are as enthusiastic as Languay.

"Bloor Street is not a good idea for bikes in my opinion," said Prem Sharma, whose parents own Priya's Boutique at Bloor and Brunswick Avenue.

"Parking is already tough here and if they're removing parking for the bike lanes, that's bad."

I think it will benefit our business massively.
Matthew Languay

Basecamp Climbing owner Matthew Languay is a supporter of a pilot project set to bring bike lanes to the area next year. He also wants more space allotted for parking. LIZ BEDDALL/METRO

ONLINE DATING

Suspected con artist charged

Police have charged a 58-year-old man in connection with an alleged online dating scam.

According to Halton regional police, a 60-year-old woman from Oakville met a man via an online dating site in August 2015 and they had a brief relationship during which she allowed him to stay at her home for about a month.

Investigators said the woman began to notice jewelry and art missing and when she confronted the man and ended the relationship, he disappeared.

Enrico Cagnotti was arrested over the weekend at a motel in Georgetown, and charged with theft over $5,000.

Cagnotti was also wanted by police in Toronto, South Simcoe, and Peel Region on charges of breach of probation, fraud, uttering threats and forcible confinement.

Police say members of the public should protect themselves when using online dating sites as they can unknowingly introduce people to scam artists or fraudsters.

THE CANADIAN PRESS

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Ontario Union of Public Service Employees president Warren Thomas said **a new billboard ad at Yonge and Eglinton** is his union's way of protesting the sale of Hydro One. LIZ BEDDALL/METRO

Union tells Wynne to pack her bags

UTILITY SELL-OFF

OPSEU raises red flags over Hydro One sale with advert jab

Jessica Smith Cross
Metro | Toronto

One Ontario union is announcing, on a big billboard, that it's almost time for Premier Kathleen Wynne to pack her metaphorical red suitcase and leave the legislature.

The Ontario Union of Public Service Employees has put up a digital billboard at Yonge and Eglinton depicting former Prime Minister Stephen Harper with a packed blue suitcase and Premier Kathleen Wynne with an open red one.

"One down…" the ad reads, alongside images of power lines.

Metro asked OPSEU President Warren "Smokey" Thomas what the union is trying to say.

"Harper has a suitcase in blue and he's gone back to Calgary. He's gone," Thomas said. "The reason we put Wynne there is, with the hydro in particular, she's behaving just how Harper did."

OPSEU represents Ontario Hydro employees, and Thomas said his membership — along with most of the province — is opposed to the planned sale of Hydro One.

Recent public opinion polls show as many as 80 per cent of Ontarians are concerned about the Liberals' plan to sell off the public utility provider.

The billboard marks a change in tactics for OPSEU, Thomas said. "In the old days we would have got a casket, marched up University Avenue to Queen's Park to bemoan the death of democracy, and this is just a new way of doing it."

According to Thomas, no one should be surprised to see his union opposing Wynne.

Some unions support the Liberals, some support the NDP, but some, like OPSEU, are politically neutral, he said.

"I don't much like any of them, to be honest with you," he said. "I just dislike the Liberals more than the other ones, because they're all politicians."

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Metro explains

The business case for supervised injection sites in Toronto

Jessica Smith Cross
Metro | Toronto

Opening three supervised injection sites in Toronto would save taxpayers money, according to a report from a Sunnybrook Hospital researcher.

Dr. Ahmed Bayoumi found the cost of opening and running one to three supervised injection sites in Toronto would be less than the cost of treating injection drug users for the very HIV and Hepatitis C infections the clinics would help prevent.

The study comes at what could be a pivotal time for supervised injections sites in Canada.

The Conservative government had staunchly opposed them, but the new Liberal government is generally supportive.

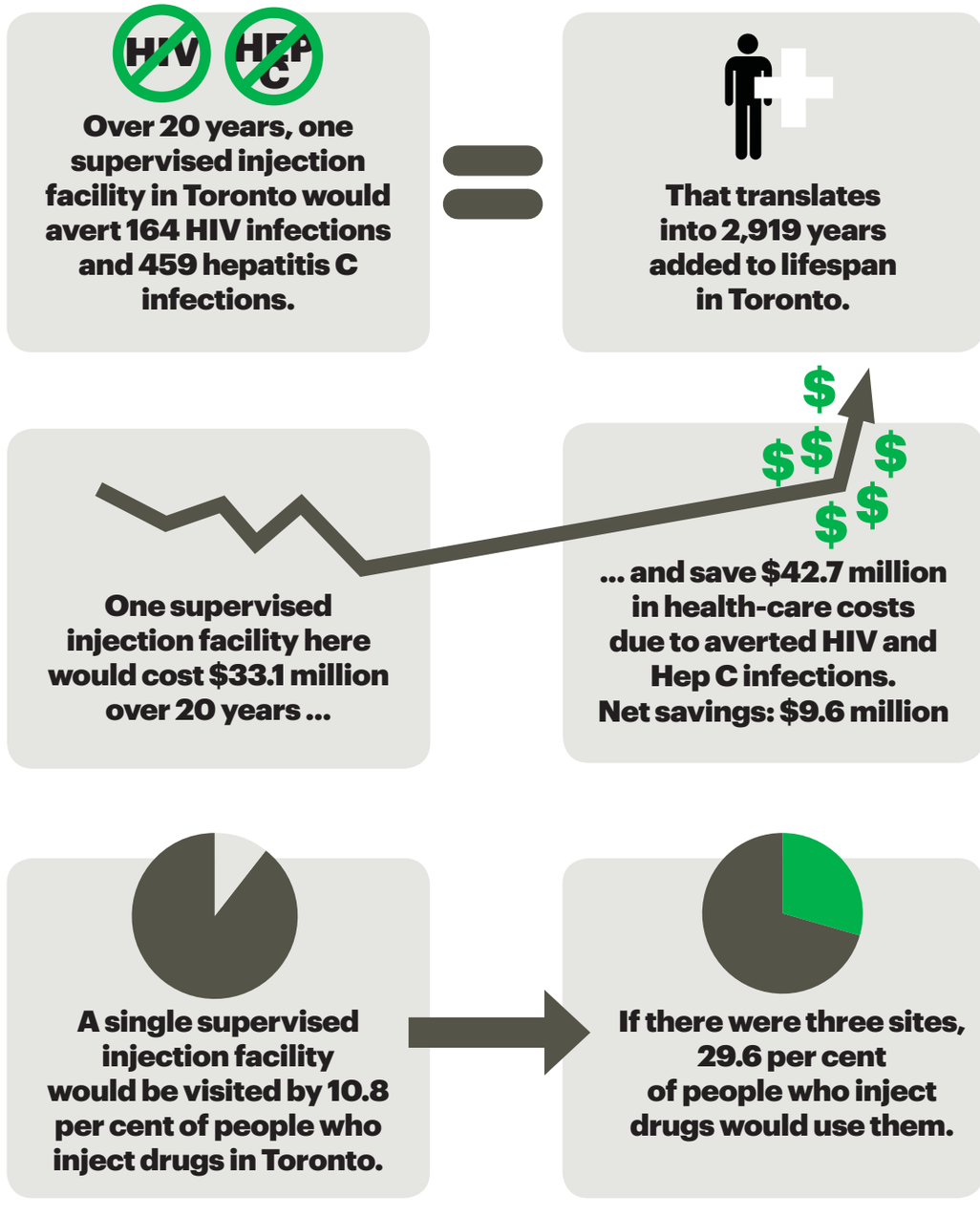
Bayoumi based his study on Vancouver's supervised injection site and took into account several differences between the two cities.

HIV prevalence is significantly lower in Toronto and injection drug users are more geographically dispersed than in Vancouver, which means it would take three different injection sites to reach a high percentage of injection drug users. Still, he found operating one clinic in Toronto would save $9.6 million in government money over two decades.

Bayoumi said his calculations are conservative and the costs would be significantly lower if the injections sites were in existing health facilities rather than in freestanding buildings.

Sharing existing health facilities would mean a greater return on investment of tax dollars.

The study accounts for the dollars and cents only and doesn't account for the human benefits of preventing fatal overdoses or referring drug users to addiction treatment programs, Bayoumi said in his report.


HIV
HEP C
Over 20 years, one supervised injection facility in Toronto would avert 164 HIV infections and 459 hepatitis C infections.
That translates into 2,919 years added to lifespan in Toronto.
One supervised injection facility here would cost $33.1 million over 20 years ...
... and save $42.7 million in health-care costs due to averted HIV and Hep C infections. Net savings: $9.6 million
A single supervised injection facility would be visited by 10.8 per cent of people who inject drugs in Toronto.
If there were three sites, 29.6 per cent of people who inject drugs would use them.

MURDER TRIAL

Officer 'lost his cool' when he fatally shot teen: Crown attorney

Toronto police Const. James Forcillo "lost (his) cool" when he fatally shot 18-year-old Sammy Yatim on a deserted streetcar because the teenager was mocking him, Crown attorney Milan Rupic suggested Monday at Forcillo's murder trial.

Testifying in his own defence for a third day, Forcillo maintained that he was calm and that Yatim was not making fun of him, but threatening him with a switchblade in the early hours of July 27, 2013.

He has pleaded not guilty to charges of second-degree murder and attempted murder.

The second day of Forcillo's cross examination before a jury was tense one, with Rupic at times raising his voice, accusing Forcillo of not trying other de-escalation options, and of interrupting his partner, Const. Iris Fleckeisen on the scene.

Forcillo remained calm for much of his testimony, repeatedly telling Rupic he did not agree with his suggestions of what happened that day.

He said he did not see Yatim raise his arms in what Rupic called a "mock surrender" as police approached — which can be seen on TTC surveillance footage — and did not see Yatim smoking a cigarette. Forcillo testified he was focused on Yatim's right hand, holding the knife.

Rupic said Forcillo didn't want to acknowledge the mock surrender or the cigarette because the acts would have shown that Yatim was not angry or aggressive that night.

What Yatim did do, Rupic said, was not take the situation very seriously and mock Forcillo and his fellow officers by shouting slurs at them.

"Of all the stupid things Sammy Yatim did, his greatest mistake that night was mocking you and thinking he could get away with it," Rupic said.

"You were the one who lost your cool, not Sammy Yatim," Rupic said, to which Forcillo replied: "I completely disagree."

The police officer testified he was not angry, even though he told Yatim at one point to "drop the f—ing knife." Forcillo said the word just slipped out, and that he should not have used it. Rupic suggested to him that people shout "f—ing" when they're mad.

Rupic said police training would indicate that Forcillo would have had several de-escalation options at his disposal because there was no information that Yatim was an "active attacker," meaning he hadn't used his knife on anyone.

Forcillo said that he did use a de-escalation option — he drew his weapon — and that he did speak to Yatim, trying to get him to drop his knife.

Forcillo was also accused of interrupting his partner, Fleckeisen, who has not testified at the trial. Rupic suggested that Fleckeisen was calm and attempting verbal de-escalation, but that Forcillo ruined the moment with his shouting.

"You blew off your partner who has more than 20 years of experience more than you," Rupic said over Forcillo's denials. Forcillo's cross-examination continues Tuesday.

TORSTAR NEWS SERVICE

Const. James Forcillo
THE CANADIAN PRESS

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BROKEN BONDS | PART I

Jennifer Smith stands in her oldest daughter's bedroom at her home in Vancouver. In 2007, Smith and her newborn baby lived together at a B.C. jail while Smith was incarcerated.
JENNIFER GAUTHIER/FOR METRO

An unlikely initiative at one B.C. jail for women was changing the lives of inmates and their families. So why was it stopped?

Breaking a vicious cycle

Sidney Cohen
For Metro

Jennifer Smith found out she was pregnant from a prison nurse at Prince George Regional Correctional Centre, a provincial jail in central British Columbia.

It was the winter of 2007 and Smith, in jail for minor crimes committed to support a drug habit, had recently been through withdrawal. The 22-year-old weighed just over 100 pounds and in her words, "looked like death." The baby, she was told, would come before the end of her sentence.

Traumatic events in Smith's youth, including the suicide of her father when she was a teenager, had her on a downward trajectory. When she discovered she was pregnant, "I just made a really big decision," Smith says, "that my life was going to change from here on out."

It was Smith's first pregnancy, but not her first time in jail. Two years earlier, Smith had spent three and a half months at Alouette Correctional Centre for Women, a Vancouver-area prison for women awaiting trial or serving terms under two years. Smith remembered being amazed when a fellow inmate delivered a baby boy in hospital and brought him back to live with her at the jail.

> **"A pregnancy always offers an opportunity for healing."**
> Mary Ellen Turpel-Lafond, B.C. Children's Advocate

At the time, Alouette was operating a "mother-baby program," which allowed women who gave birth while incarcerated to keep their newborns with them, to breastfeed and bond during the critical post-partum period.

Smith asked to be transferred to Alouette and her request was granted.

Smith gave birth to a daughter that June. In August, she walked through Alouette's gates, baby in tow. She never looked back.

Alouette staff and outside observers say the mother-baby program is safe and effective. They note the positive impacts of keeping mothers and babies together: babies reap the health benefits of breastfeeding and bonding with their mothers, and the mothers are inspired to get clean and stay out of jail.

So it came as a shock when, in 2008, B.C. Corrections quietly shut down the mother-baby program, citing concerns for the babies' safety, despite there being no known instance of harm to any child who participated in the program. Two inmates challenged the closure and in 2013, the B.C. Supreme Court ordered the program reinstated. The court held that cancelling the program discriminated against incarcerated women, particularly indigenous women, who are overrepresented in Canada's correctional system, and violated the charter rights of mothers and babies to be together.

On June 16, 2014, B.C.'s Ministry of Justice proudly announced the opening of the newly renovated mother-baby unit at Alouette, but since then not one baby has been allowed to live at the jail. And not for want of pregnant inmates. In all, 26 babies have been born to provincially incarcerated women in B.C. since 2008. Two inmates gave birth this summer.

When asked, the province says Alouette's mother-baby facility is available to women who need it, but inmates, activists and even the jail's former warden say the government has made the program so hard to access that it might as well still be closed.

* * *

Alouette opened as a women-only prison in 2004, under an enthusiastic warden named Brenda Tole, who is now retired. Tole had a vision for corrections built on the belief that permitting women a degree of autonomy would empower them to take control of their lives.

Tole designed Alouette to be a therapeutic space. Women had keys to their own rooms, they could venture outdoors at their leisure, and an inmate

BREASTFEEDING

The World Health Organization says breast milk is the ideal food for newborns as it is rich in nutrients and has antibodies that protect against diarrhoea and pneumonia - the leading causes of child mortality across the globe. According to Health Canada, breastfeeding reduces a child's risk for allergies, helps mothers shed baby weight and reduces their risk for developing breast cancer.
THE ASSOCIATED PRESS

committee was organized so women could discuss problems in the jail and make proposals for improvements.

All this equalled a measure of agency and trust unfamiliar to most women in custody. On the street, Alouette was known as "Camp Cupcake."

Aloutte's mother-baby program was pitched to Tole by Sarah Payne, a Vancouver midwife. Payne, who worked with substance-using mothers and their babies, explained that infants born into withdrawal who stayed with their mothers — were breastfed, cradled and kissed — had better health outcomes. Women who had babies taken away often lost hope and returned to their old ways. Mothers who kept their newborns had motivation to get better.

Tole, who has worked in corrections for 30 years, says she has seen the effects of mother-child separation first-hand. "The moms are destroyed. … It's unbelievable. It's horrible," she says.

Alouette's mother-baby program was designed to give babies the chance to form a secure attachment to their mothers, which experts say is critical to a child's future emotional health.

Mary Ellen Turpel-Lafond, B.C.'s Children's Advocate, has worked closely with families living with poverty, drug addiction and incarceration, and is a vehement supporter of prison mother-baby programs. She says the effects of keeping a mother and baby together, with support from the community and social services, can be life-altering for the child and felt for generations to come.

Jennifer Smith holds a photograph of oldest daughter, taken in 2008. JENNIFER GAUTHIER/FOR METRO

"The children have stayed in the long term with the parent, done well in school and will likely be the first generation to break ... a multi-generational cycle," she says.

Considering Canada's sordid history of removing indigenous children from their families, the implications are especially acute for First Nations women, who account for almost half of the country's female inmate population.

Alouette's mother-baby initiative presented an opportunity "to address trauma as opposed to compounding trauma" experienced by incarcerated women and children of indigenous heritage, says Turpel-Lafond.

* * *

Between 2005 and 2008, 13 babies were born to women serving sentences at Alouette and nine lived at the jail until their mothers were released. At the time of the 2013 B.C. Supreme Court judgment, all nine had remained out of custody — impressive, given that About 70 per cent of B.C.'s women inmates reoffend within two years of release, according to documents from the court case.

"It was just amazing to see," says Tole. "The moms… and babies did so well. It was positive for the staff too ... a total de-stressor."

Alouette's mother-baby unit, named Alder after the west-coast tree, had a reputation for being calm. Women who sought admission to the unit were carefully screened. If they didn't have kids of their own inside, they acted as babysitters while the mothers worked and took parenting classes. Some inmates who helped out in this way reported that the babies' presence elicited painful memories of their own estranged kids, but also that the program inspired them to reconnect with their children when they were released.

Jennifer Smith says she felt "totally safe and comfortable" living with her daughter in Alder.

Smith recalled one night when her baby wouldn't stop crying. She tried burping and bobbing her to no avail. Not having slept a full night in days, the first-time mother broke down in tears herself.

That's when she heard a knock at her door: "Is there anything I can do for you, dear?"

It was Betty Krawczyk, an environmentalist famous in B.C. for multiple arrests and imprisonments. The 78-year-old grandmother plucked the bawling baby from Smith's arms and, in characteristic defiance of the rules, brought the baby to the rocking chair in Alder's common room. She held the child against her breast and rocked her back and forth until she fell asleep.

* * *

In the years since leaving Alouette, Smith has stayed clean, moved into a three-bedroom apartment in Vancouver, and had a second daughter.

It hasn't been easy, but the family has come a long way.

Smith's daughter, now in Grade 3, is doing well in school and taking gymnastics classes. "She's really flexible," Smith says proudly. "This girl can do the splits both ways and she does headstands, handstands, round offs on the beam." Her younger child, nearly two, is learning numbers and shapes.

Right now Smith is a full-time mom, but she hopes to pursue a career where she can draw on her life experiences to help others.

"I just want to be there, so that people know there's still hope when you're down. It's not the end of the world. I know I definitely thought it was for me."

Smith says the day she found out she was pregnant the first time was the best one in her life up to that point.

"It gave me a reason to live.

"If I didn't get the opportunity to have my child (in jail) — I still would have fought for her — but who knows what would have happened. I don't even want to think about it."

Meanwhile, Alouette's mother-baby facility sits empty.

Broken Bonds

PART I
"A success story"
Tues. Dec. 1

PART II
"It all falls apart"
Wed. Dec. 2

PART III
"What now?"
Thurs. Dec. 3

BRINGING UP BABY BEHIND BARS

In Canada, there are currently nine correctional facilities with programs that allow mothers to live with their babies.

Alouette Correctional Centre for Women
Fort Smith Correctional Complexes
Women's Correctional Centre, Headingley
Joliette Institution for Women
Nova Institution for Women
Fraser Valley Institution for Women
Edmonton Institution for Women
Okimaw Ohci Healing Lodge
Grand Valley Institution for Women

In B.C., 23 babies were born to incarcerated women between 2008 and 2013, when Alouette's mother-baby program was shut down

Of these babies, 12 were put in foster care

Since Alouette's program reopened in 2013, 3 babies have been born in B.C. provincial jails

2 babies were put in foster care

1 baby was released with the mother

Currently there are 3 babies living with their mothers in federal prisons

Trudeau's green rallying cry

UN CONFERENCE

PM rounds off trip with a call for real change at Paris summit

Prime Minister Justin Trudeau travelled to Europe to tell the world that the fight against climate change starts at home.

Trudeau wrapped up a week-long run of European summitry — his second in less than 30 days since being sworn in — with an address to the leaders' plenary on the opening day of a UN-sponsored climate conference.

French President Francois Hollande, the host of the 21st climate conference, and other leaders painted the climate battle in existential terms for humankind, explicitly linking security issues and global warming in this terror-scarred city. Trudeau focused on his own backyard.

"Indigenous peoples have known for thousands of years how to care for our planet," he said. "The rest of us have a lot to learn. And no time to waste."

Trudeau said national governments like his own also have a lot they can learn from cities, and from the provincial premiers who've accompanied him to these talks.

More than 150 countries are represented at the conference, known as COP21, and more than 180 jurisdictions made emissions-cutting pledges in advance of two weeks of final negotiations that formally began Monday.

Hollande, whose nation was stricken earlier this month by its second deadly terror attack in 2015, portrayed the task of climate negotiators in vividly dire terms.

"I'm not choosing between the fight against terror and the fight against global climate change," he said in his opening address.

"Because we must leave our children more than a planet free of terrorism. We must leave them a viable planet."

The conference site, a sprawling airfield outside Paris, was a remarkable scene. More than one hundred country leaders and several thousand official delegates and journalists converged in the City of Lights just three weeks after terrorists attacks.

Trudeau had been asked last week about the nexus of climate and terror after UN secretary general Ban Ki-Moon raised the link in Malta during a Commonwealth summit.

Trudeau said both have figured in every conversation he's had with other world leaders, whether at the G20 in Turkey, the Asia-Pacific leaders summit in Manila, or last week in Malta — but added, "I don't see a direct link there."

At a news conference Monday, Trudeau said the three-month election campaign that propelled his Liberals to power showed him that Canadians are ready to pitch in on fighting climate change. "But they want to know that what they're doing fits into a bigger picture," said Trudeau. "Because there is no point in bending over backwards if your neighbour or your government is not also doing its part."

THE CANADIAN PRESS

Justin Trudeau speaks during the UN summit Monday in France. ADRIAN WYLD/THE CANADIAN PRESS

> **We can and should be much more conscious of the ways we can act to reduce our carbon footprint.**
> Justin Trudeau

> **We must leave our children with a viable planet.**
> Francois Hollande

> **What greater rejection of those who would tear down our world than marshalling our best efforts to save it?**
> Barack Obama

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TODDLER GOES VIRAL

The political junkie in diapers

She may still be in diapers, but Sophia Popalyar can do something many Canadians probably can't: the two-year-old can name several of Canada's new cabinet ministers.

Who is Canada's new prime minister, her father, Fawad Popalyar, asks in a video posted on YouTube. "Justin Trudeau," the youngster responds without missing a beat.

"The honourable . . . ?" her father prompts. "The Right Honourable Justin Trudeau," Sophia replies, before turning her attention back to her Frozen-themed blanket.

Fawad and his wife both work for government ministries. He is at Citizenship and Immigration Canada and she is at Health Canada. Canadian politics is a regular topic of conversation in their home.

He said it took Sophia about a week to learn the names and positions of 15 Canadian cabinet ministers. "Every day we've been sort of rehearsing it," he said.

But who is her favourite minister? Maryam Monsef, Canada's new Minister of Democratic Institutions, Sophia replies. TORSTAR NEWS SERVICE

Sophia says her favourite minister is Maryam Monsef. YOUTUBE.COM

POLITICS

ALS diagnosis for candidate Bélanger

Longtime Ottawa MP Mauril Bélanger won't seek to become House speaker after being diagnosed with ALS, also known as Lou Gehrig's disease.

"Under the doctor's advice, I have decided to withdraw my candidacy for Speaker of the House of Commons today but shall continue as the proud Member of Parliament for Ottawa-Vanier," the Liberal MP said in a note on Monday.

ALS, also known as Lou Gehrig's disease, is an incurable neuromuscular disease in which nerve cells die and leave muscles paralyzed.

Bélanger met with Ottawa neurologist Dr. Pierre Bourque last Friday, who diagnosed him with ALS after a series of tests.

Bélanger was first elected to Parliament in 1995 and has been re-elected seven times. He had been one of several candidates for the Speaker's chair.

MICHAEL WOODS/METRO

IN BRIEF

Another province goes red as Liberals surge

The Liberals in Newfoundland and Labrador easily won a majority government in Monday's provincial election, ending 12 years of Progressive Conservative rule by sticking to a low-key campaign that tapped into voters' desire for change.

The party were buoyed by Liberal victories in every one of Atlantic Canada's 32 federal ridings on Oct. 19. THE CANADIAN PRESS

Summit an 'act of defiance': Obama

COP21

U.S. president delivers salute to Paris, urges climate action

Pushing for a powerful climate deal, President Barack Obama called the global talks opening Monday outside Paris an "act of defiance" against terrorism that proves the world stands undeterred by Islamic State of Iraq and the Levant (ISIL)-linked attacks in Europe and beyond.

Obama used his speech to more than 150 world leaders to salute Paris and its people for "insisting this crucial conference go on" just two weeks after attacks that killed 130 in the French capital. He said leaders had converged to show resolve to fight terrorism and uphold their values at the same time.

"What greater rejection of those who would tear down our world than marshalling our best efforts to save it," Obama said.

Obama's remarks came at the start of two weeks of make-or-break negotiations to finalize a sweeping global agreement to cut carbon emissions and hopefully stave off the worst effects of climate change. Obama exhorted leaders here to fight the enemy of cynicism — "the notion we can't do anything" about the warming of the planet.

After sketching dire threats of submerged nations, abandoned cities and ever-worsening flooding and natural disasters, Obama insisted that the grim future "is one that we have the power to change." He urged leaders to "rise to this moment," invoking the late Martin Luther King Jr.'s observation that there's such a thing as being too late to a cause.

"That hour is almost upon us," Obama said.

As the conference kicked off, the Obama administration announced it was pledging $51 million to a global fund to help poorer countries adapt to climate change. THE ASSOCIATED PRESS

MILESTONES

1 **Montreal, 1987:** Governments adopt a treaty pledging to restrict emissions of chemicals damaging the ozone layer.

2 **London, 1990:** The first scientific assessment of climate change is released.

3 **Kyoto, Japan, 1997:** The Kyoto Protocol is adopted, setting binding emissions targets for wealthy countries. The U.S. doesn't join the treaty, claiming it would harm the economy.

4 **Durban, South Africa, 2011:** UN climate talks produce a major breakthrough as countries agree to adopt a universal agreement on climate change in 2015 that would take effect five years later and apply to all of them.
THE ASSOCIATED PRESS

BEIJING SMOG LEVELS HIT DANGEROUS HIGH A Chinese police officer wears a protective mask as he stands in a very hazy Tiananmen Square on a day of heavy pollution on Nov. 30 in Beijing, China. China's capital and many cities in the northern part of the country recorded the worst smog of the year. KEVIN FRAYER/GETTY IMAGES

IN BRIEF

Russia sets produce ban against Turkey

Russia will restrict imports of Turkish fruits and vegetables as part of a package of new sanctions following the downing of a Russian warplane by Turkey last week.

Deputy Prime Minister Arkady Dvorkovich said Monday that the produce ban could be deferred for "several weeks" to allow Russian firms to find new suppliers and curb price rises, according to state news agency RIA Novosti. STHE ASSOCIATED PRESS

Charges laid after clinic shooting rampage

The man accused of a deadly shooting rampage at a Planned Parenthood clinic in Colorado Springs was told Monday that he will be charged with first-degree murder in the killing of three people, including a police officer, during the standoff at the facility.

Robert Lewis Dear, 57, is accused of fatally shooting a university police officer who tried to stop the attack, an Iraq war veteran and a mother of two inside the clinic.
THE ASSOCIATED PRESS

ADVERTISEMENT

Five Winter Driving Safety Tips

Shift into winter with helpful advice

Driving in the winter requires more caution due to slippery road conditions and poor visibility during snowfall. Follow a few simple tips and stay safe this winter.

Slow Down

When roads are not at their best, you should consider going slightly slower than the speed limit. Ice, snow and other winter road hazards all mean that you should slow down a little more. Consider the road conditions when you set your speed, and remember that driving too fast for road conditions can earn you a traffic violation.

Allow Greater Stopping Distance

Slick roads will increase the distance your car needs to come to a safe stop. This means you need to brake earlier and more cautiously. Allow more distance between your car and the car in front of you in traffic to prevent a rear end collision if you cannot stop in time. Use special caution when approaching pedestrian crosswalks, and stop early for pedestrians.

Know Before You Go

Check the weather forecast, road conditions and potential closures before you head out. Consider staying home instead if severe weather is forecasted, and bear in mind that road closures may happen at any time. Be sure that someone knows where you are headed and when you should be expected.

Pack an Emergency Kit

Your car should be equipped with a winter emergency kit that includes first aid supplies, warm blankets, non-perishable food items, flashlights, a folding shovel and cat litter or sand for traction. Having a kit with these basics on hand can keep a minor roadside problem from becoming a major one – and can also help in a true emergency.

Get Winter Tires

Winter tires provide your car with more traction and handle freezing temperatures better than all-season or summer tires. They will help you keep control of the car and stop effectively. Additionally, many car insurance companies offer a discount for buying winter tires, so you can save on your premiums and stay safe on winter roads at the same time.

Winter roads can be hazardous, and drivers should always approach them with caution. Safe winter driving will ensure that everyone makes it through the worst of the winter weather safely and with fewer accidents.

Carolyn saves 5% on her car insurance by taking advantage of a winter tire discount.

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metro VIEWS
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Tuesday, December 1, 2015

the big question

Should we allow scientists to edit human genes?

RESEARCHERS DISAGREE ON THIS POINT. Hundreds of experts and ethicists from around the world are holding a summit in Washington,D.C. this week to debate the limits of **human genome editing**, a biological cut-and-paste tool that lets scientists to spot a defective gene in a living cell and swap it out for a good one. The technique hasn't made its way out of the lab yet, but the potential is huge for treating and understanding disorders from cystic fibrosis to miscarriage, HIV/AIDS and cancer. The debate: Should manipulation be allowed on sperm, egg and embryonic cells? Such changes could affect future people who didn't give their consent. Already, a Chinese team has attempted to modify human embryos left over from in vitro fertilization, aiming to correct a deadly genetic disease. (They're still far from being able to safely attempt a pregnancy with an altered embryo). Attendees at the meeting will also hash out where the lines should be between treating illness, improving function, and selecting for desirable traits — creating so-called "designer babies." SOURCE: THE ASSOCIATED PRESS

Abortion rhetoric paved the way for violence

Michael Coren
For Metro

We're not precisely sure why 57-year-old loner Robert Lewis Dear attacked a Planned Parenthood clinic in Colorado Springs and murdered three people. By all accounts he is a troubled, mentally unstable man, but officials from Planned Parenthood claim he had also expressed hostility to abortion and to their organization in particular.

What we do know is at least four Planned Parenthood clinics have been targeted by arson attacks in the past few months alone, and the police have been alerted to dozens of direct threats of violence.

This is not about love for babies, but hatred for those who are pro-choice.

There is nothing new, of course, about abortion providers being attacked — even in Canada — but Planned Parenthood has been a particular target after anti-abortion activists posted videos that they claim prove the women's health organization sells baby parts and performs abortions directly for profit.

Planned Parenthood argues the films are heavily edited and strongly misleading, but the result has still been a campaign of harassment, intimidation and abuse unprecedented in the abortion debate.

The facts are a little less absolute than the so-called pro-life movement would have us believe. Most of Planned Parenthood's work has nothing to do with abortion and deals with women — often from poor backgrounds — who require basic help with female health issues. Quite simply, without Planned Parenthood they would suffer terribly and could even die. How ironic that the strongest critics of the organization are so opposed to Obamacare and any form of public medicine.

Abortion itself, however, is a delicate, nuanced and complex issue. Nobody likes the idea, but most people understand the need for reproductive choice. In all honesty, I wish we could reduce the rates of abortion, but I would try to achieve this by providing universal access to contraceptives, ensuring a good and modern sex education as early as possible, empowering women and eradicating poverty.

The leading opponents of Planned Parenthood disagree. They want criminalization of abortion and the closing of clinics, and most of them reject contraception and certainly oppose any sex education worthy of the name.

The other aspect of all this is the incendiary nature of the language used by abortion opponents, to such a grotesque degree that violence seems almost inevitable. I spent the weekend researching online articles even by mainstream anti-abortion groups, and their use of Nazi imagery and accusations of "baby slaughter," "genocide" and "mass murder" are legion. The illustrations they use are vile.

Even I have been targeted in the past 48 hours with the most obscene and accusing comments merely for calling for a lowering of the volume of the discussion. This is not about love for babies, but hatred for those who are pro-choice. And I fear we have not seen the last of it.

Michael Coren is a writer, broadcaster and author of the forthcoming Epiphany: A Christian's Change of Heart & Mind over Same-Sex Marriage.

ROSEMARY WESTWOOD

metroview

There is no 'greatest country in the world.' And that's a good thing.

I've just returned from Amer'ca, a nation so self-glorified that even its most vicious homegrown critics remain obsessed, if bitterly so. Every American's favourite topic is America.

As with any time I leave our borders, people asked me, "So, you're from Canada?" (Silence.) "Sorry, I don't know anything about Canada."

But don't tell that to those who, in the context of welcoming Syrian refugees, are deeming this the "best/greatest country in the world/on earth." They include a Toronto newspaper columnist, a Manitoba First Nations chief, and a former Sudanese refugee in Saskatoon.

It's a phrase well loved by Stephen Harper, one adopted with regularity by his MPs. It was tweeted by Justin Trudeau in 2013, then softened slightly in campaign mode to wanting his kids to "grow up in the best country in the world." And we're but a mere shadow of American political boasting.

The claim is not only a terrible cliché as well as perpetually incorrect — it's also dangerous.

It doesn't matter that, as in the recent Canadian cases, our supposed superiority is being used to argue that we should welcome refugees into our wonderfulness.

Once you decide someone — or a whole culture — is below you, it's much easier to deny their humanity. That is how we practise cruelty, and excuse it. Once you set up a hierarchy — and that "we" are at the top of it — only conflict can follow.

Indeed, it is following in France. The homegrown terrorist attack in Paris has swiftly become a talisman of the nationalist, far-right party. Anti-immigrant and anti-Islam sentiments are finding new wind. Even before the attacks, small-town far-right politicians were railing against the spread of the kebab shop as a threat to the boulangerie, and immigrants have fought to be viewed as equally French.

It's not that we — the West — don't have values or privileges worth defending. You can even keep your mild pride, if you must, but as the EU's ambassador to the U.S. recently told Foreign Policy magazine, "We know where an excessive nationalism can take you in Europe and we never want to go back there again."

So let's not tell nice lies of superiority. Being the best in the world is a hyperbolic goal worthy of Donald Trump or Kim Jong-un, and we don't need raging nationalism to provide the basics to those fleeing war, namely safety, freedom, and hope.

Those aren't the hallmarks of some mythical, exalted society, but they are foundations of many quite good ones.

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Pink named UNICEF ambassador to raise awareness for child hunger, healthy living

INTERVIEW

Activist Jordan Figueiredo redefines the shape of fruit and veg waste

There is more to deformed produce than ridicule and contempt — just ask Jordan Figueiredo.

When not at his day job as a solid waste specialist for the Castro Valley Sanitary District in California's Bay area, Figueiredo runs the immensely successful @UglyFruitAndVeg campaign, one of the Internet's leading vehicles in the fight against food waste. It isn't a frivolous or quirky endeavour: in the United States, 26 per cent of produce is discarded before it gets to the grocery store. A lot is tossed out because it isn't the right size, shape or colour.

That's where Figueiredo comes in. He has used Twitter, Instagram, Facebook and Pinterest to spread awareness about produce that is rejected by large grocers because it's not perfect. He also writes articles and gives talks.

Changing produce beauty standards

COURTESY THE @UGLYFRUITANDVEG CAMPAIGN

It is shocking to think that a quarter of produce never makes it to the stores, that it gets wasted.

It is wasted at harvest, post-harvest, selecting what is good. It is grocers and marketing associations that say produce has to be a certain size and way to meet cosmetic standards. It's easier for them (grocers) to stack, the produce looks perfect.

Size is the biggest reason (for discarding), not blemishes. It is really bizarre how it is.

I've never understood why produce has to look good.

People believe that ugly produce isn't perfect, that there is something bad about it. I was like that, too. I think we have been conditioned that way — all we ever saw was perfect-looking produce, same-shape apples, size and colour. Even at farmers' markets, I found that produce that wasn't perfect gets turned over. It is basically a developed-world problem.

The campaign has a massive following on social media. How did you make — as some would say — ugly produce look so pretty and palatable?

People have been drawn in because these images are quirky and funny. I used to post just what I saw. I get photos from all over the world now. It started slow — I would just post pictures but once I started writing funny captions that is when it started to take off. One time, Jamie Oliver (the British celebrity chef) retweeted four tweets and my phone didn't stop buzzing!

What do you want the campaign to achieve?

It's really simple: all stores should sell all produce. There is nothing wrong with deformed fruits and vegetables. Also, it is a burden for farmers. For the most part, farmers barely make a living in the U.S. and in Canada. If their produce isn't accepted by grocers, they have to throw it away and they lose money. Big grocers can sell all this produce, with incentives or without. Changing the way they do business is an uphill climb.

Is there one vegetable or fruit that tends to be more imperfect or quirky than others?

Carrots are funny. I could post carrot pictures every single day. The shapes can be amazing: a carrot can look like a hand with five fingers, a carrot can be intertwined with another to make it look like someone making love. I can't even post some of them because they are so graphic.

This interview has been edited and condensed for length and clarity. TORSTAR NEWS SERVICE

Carrots are funny. I could post carrot pictures every single day.
Jordan Figueiredo

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The key to old age: Three eggs per day

LONGEVITY

World's second oldest person marks 116, shares secrets

Emma Morano, inset, who turned 116 on Monday, partly attributes her longevity to eating three eggs a day. ISTOCK/AP

Emma Morano, Europe's oldest person and the second oldest in the world, marked her 116th birthday by offering to sing her favourite song for visiting well-wishers, Italian media reported Monday.

Morano, one of only two women alive certified to have been born in the 19th Century, reached the milestone on Sunday in her little one-bedroomed flat in Verbania, a small town in the northern region of Piedmont.

"I'm fine, I'm fine and as long as it stays like that I will remain with you," she was quoted as saying. "You know I have a beautiful voice, if you like I can sing Parlare d'amore Mariu (Talk to me about love, Mariu)."

In an interview with the New York Times earlier this year, Morano attributed her longevity to having left a violent husband in 1938, shortly after the death of her only child at seven months, and to eating three eggs a day for much of her life.

Diagnosed with anaemia at 20, she was advised to eat two raw and one cooked egg every day, a regime she maintained for 90 years.

Susannah Mushatt Jones, the American who is the other member of the 116 club, also attributes her longevity to many decades of living on her own, having been married for only five years between 1928 and 1933.

The Brooklyn resident is also a regular egg eater — although she prefers hers scrambled and served with four rashers of bacon. AFP

Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Breakfast cereals

We've always heard breakfast is the most important meal of the day. A nutritious bowl of cereal is a quick and easy way to get energized in the morning. While we know the candy-coloured kid's cereals are ones to skip, not all whole grain cereals are as healthy as you'd think. Also, the indicated serving size is rarely followed, since we tend to pour freely. A 2-cup serving is more realistic.

PICK THIS

Multi-Grain Cheerios (2 cups)

Calories 220
Fat 3g
Sugar 12g (3tsp)

SKIP THIS

Maple Raisin Nut Muslix (2 cups)

Calories 613
Fat 12g
Sugar 40g (10tsp)

HERE'S WHY

Equivalent: same amount of sugar as four Tim Hortons Chocolate Dip doughnuts

Whole grains are a great choice for breakfast, making both Multi-Grain Cheerios and Muslix seem like comparable choices for a smart cereal, but take a closer look. Muslix does have healthy whole grains, barley, fruits and nuts, but there is close to three times the calories and sugar, and four times the fat. Though much of this is due to the addition of nuts and dried fruit, the coconut and palm oil in the Muslix is not necessary. Enjoy the Cheerios and add your own fresh fruit (not dried) and just a sprinkle of nuts or seeds to make for a more nutritious breakfast.

HEALTH BRIEF

Study finds honesty comes with little effort

A new study says it's easier to be honest when a situation requires little or no effort. In situations of moral conflict, we are more inclined to the honest option when little effort is required.

That was the discovery made in a study at the Rotman School of Management at the University of Toronto.

The researchers aimed to analyze the behaviour of participants in several scenarios when a financial gain was attached to their answers. The volunteers tended to cheat spontaneously if the answer was incorrect and automatically generated, rather than actively creating a false answer themselves. In contrast, if the scenario was set up so participants were automatically given the honest response and had to override it to give a different answer, there was no cheating.

The study's findings can be applied to tax returns. The researchers concluded if information about our income is automatically generated on our tax return, we will be less likely to change it. AFP

Facebook envy: It's complicated

RESEARCH

Jealousy prompts users to post their own brags

Thandi Fletcher
Metro | Vancouver

Envy and an urge to 'keep up with the Joneses' drives Facebook users to post glamorous photos that portray their best selves, suggests new research from the University of British Columbia.

The study, which surveyed 1,193 Facebook users at a German university, found that many people are driven to post online because of a need to compete and keep up appearances.

But that can have negative consequences for users' emotional wellbeing, the researchers warn.

"Social media participation has been linked to depression, anxiety and narcissistic behaviour, but the reasons haven't been well-explained," Izak Benbasat, senior author of the study and a professor in UBC's Sauder School of Business, said in a news release.

"We found envy to be the missing link."

For the study, Benbasat and his co-authors asked survey participants a series of questions about their Facebook habits and cross-referenced them with the feelings they reported when using the platform.

The leading cause of Facebook envy? Travel photos, the researchers found.

Benbasat said witnessing photos of friends having fun and visiting exotic locales makes people to feel their lives are unfulfilling by comparison, which in turns sparks a vicious cycle of jealousy that prompts them to also post online.

However, he said, Facebook posting is not motivated by the desire to make others jealous, but rather because of a desire to make themselves feel better.

"If you feel envy, then as a reaction, you will also try to post something on Facebook that will make you feel better," he said in an interview. "It's a coping mechanism of self enhancement."

While Benbasat believes social media behaviour is unlikely to change, he urged users to be aware that there is a negative side of social media.

"We can't prevent people from posting because then Facebook will no longer have any meaning," he said.

"You have to take the good with the bad, but I think it's important for people to know that there is a bad side and to be aware of it."

The study, Why Following Friends Can Hurt You: Empirical Investigation of the Effects of Envy on Social Networking Sites, was published in the latest issue of the journal Information Systems Research.

The urge to 'keep up with the Jonses' drives Facebook users to post glamorous travel and life photos, creating a vicious circle of post envy. ISTOCK

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Doctor with HIV says dog saved his life

WORLD AIDS DAY

Photo project tells story of emotional healing

Rob Garofalo was devastated. He'd built his medical and research career on helping young AIDS patients. Then he learned that he, too, was HIV-positive. The news came after he'd already survived kidney cancer and a breakup with his longtime partner.

Try as he might, the doctor could not heal himself, at least not emotionally.

"I couldn't afford myself the same compassion that I'd spent a career teaching other people to have," says Garofalo, who heads the adolescent medicine division at Lurie Children's Hospital of Chicago. At first, he told almost no one about his HIV status —not even his own elderly mother, who sensed that her son was struggling mightily during a Christmas visit in 2010.

"You can tell me that everything is OK, but it's not," she said, cupping her hands around her son's face at the end of his trip to his native New Jersey.

Garofalo recalls crying on much of the flight home to Chicago in a catharsis that led him to an unexpected decision, one that helped him in ways no human could and ultimately led him to a new role in the HIV community.

He got a dog.

It was a little Yorkshire terrier he named Fred. And everything changed.

Lynnea Garbutt and Daniel Cardenas are both HIV positive and say their dogs have given them strength and hope.
JESSE FREIDIN VIA THE ASSOCIATED PRESS

"I had this little bundle of, like, pure joy," Garofalo says. "He made me re-engage with the world."

The doctor, who's helped save many an AIDS patient, knows it sounds a little crazy that the companionship and simple needs of a pet could help him cope with his disease and pull him out of depression.

"But I'm not exaggerating when I say that he saved my life," says Garofalo, who'd considered suicide after his HIV diagnosis.

His journey back to life started with simple things. He had to leave the apartment where he'd isolated himself to buy food for Fred. He had to talk to the many people who wanted to stop and pet the little dog. Garofalo also found comfort when he'd awaken with one of his frequent night terrors and have Fred to snuggle.

Eventually, Garofalo sought counselling and told his mother and friends about his HIV status. As his energy level grew, he also started a charity using Fred's image to raise money for programs that help HIV-positive teens.

He began a project called When Dogs Heal, with the help of a dog photographer named Jesse Freidin and a Chicago-based writer named Zach Stafford. It tells the stories of HIV-positive people and their dogs in an exhibit launching in Chicago today, which is World AIDS Day, and also in New York City two days later.

Participants whose images are in the show include a young mother from Los Angeles who was born with HIV, a Chicago man who tested positive after he was gang raped, and an HIV-positive man in San Francisco who quit dealing drugs so he could provide a more stable life for himself and his newly adopted dog.

"I would be in bed and not want to get up, but this little doggy was whining, licking my neck and needed to get outside. I had to get up," says Lynnea Garbutt, the young mom. She says her wirehaired fox terrier, Coconut, eventually helped her muster the courage to leave an abusive relationship and also prepared her to care for her daughter, who recently turned 1 and is not HIV-positive thanks to medical interventions.

Though many participants' stories have difficult elements, Freidin, the photographer, said the exhibit also shows "something joyful." THE ASSOCIATED PRESS

DID YOU KNOW?

Having a dog reduces anxiety in kids

New York researchers have discovered that the presence of a dog in a home reduced children's anxiety. By creating a bond, stimulating conversation and facilitating social interaction, a canine companion helps to increase levels of oxytocin (the hormone which plays a role in attachment and the mother-child bond) and to reduce levels of cortisol (a hormone which controls our metabolism).
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So you want to become a landlord...

HOME OWNERSHIP

Regulations, bad tenants are a few things to consider

Danielle Rose, pictured here with her son, is renting out her two basement suites in her North Forest Hill bungalow. TORSTAR NEWS SERVICE

Danielle Rose is living every home landlord's dream.

Wanting to make owning a home in the city more affordable for her and her son, Rose found two reliable tenants to occupy the basement suites of her North Forest Hill bungalow. They always pay their rent in full and on time. They don't make noise and they don't complain unless there is a real issue.

"The rental income from the two units helps pay my mortgage," says Rose. "While there are times I wished I had my entire living space to myself, I am grateful to my tenants for making living in the city more affordable."

With Toronto's housing market showing no signs of cooling, many Torontonians like Rose are taking in renters to subsidize their mortgages.

However, the challenge many homeowners face is that being a landlord isn't always as simple as collecting a cheque every month for renting out the basement.

"The same rules, standards and codes of conduct of highrise apartments apply to small landlords," says Susan Wankiewicz, clinic director at the Toronto-based Landlord's Self-Help Centre. Such standards include getting the unit certified by the city as a "second suite", meaning it meets building codes, electrical requirements and fire safety rules.

Next, there's the process of finding the right tenant for a unit. From loud parties to abused utilities, the wrong tenant can make landlords feel like a prisoners in their own homes, says April Stewart, founder of Barrie-based Landlord Legal. She's a paralegal nicknamed "the terminator" for her ability to help landlords evict problem tenants.

"It's a lot easier to get someone in to rent than it is to kick them out," says Stewart. "It can take many months for an eviction to be granted."

You also lose full control over who lives with your tenant, says Glenn Sheridan, a community legal worker at Landlord's Self-Help Centre. "Imagine you think you are renting to a single individual and their whole family moves in. This may not be what you signed up for, but you also can't control it."

The advent of Airbnb, Inc., a website which allows people to rent out their units to travellers, is also creating new issues for landlords.

"A tenant may think this is a great way to pay rent for the month. However, landlords are often unaware of this until it's too late," says Sheridan.

"If there is any damage to the unit, a landlord's remedies under the Residential Tenancies Act are limited; also, their insurer may deny a claim or cancel their policy if they view the activity as a commercial business."

Landlords must also abide by Ontario's Human Rights Code and the Residential Tenancies Act.

If a tenant's rent arrears or disruptive behaviour stems from a disability or other code grounds, the landlord is required to show that they have tried to accommodate the tenant "to the point of undue hardship" before considering eviction.

TORSTAR NEWS SERVICE

WHAT TO DO WHEN ISSUES ARISE

1. Send a casual letter. "A landlord should always attempt to address the problem head on in a friendly manner before entering the battlefield of court," says April Stewart, founder of Barrie-based Landlord Legal. Give the tenant five to seven business days to come clean.

2. Hire a litigator. If the issue isn't resolved within a 'reasonable' period of time, Stewart suggests hiring a lawyer or paralegal that specializes in eviction work. "Many solid cases get thrown out due to a small landlord's shoddy paperwork," says Stewart.

3. Go to court. "The Residential Tenancies Act is fair and balanced, and often when a landlord is shell-shocked, it's because he or she didn't understand it in the first place." They often don't realize that the eviction process is closely regulated and could take months to be granted, adds Stewart. "Stay patient and trust the system."

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NOTICED NATIONWIDE THE DRESS Weather reporters across the U.S. have been wearing the same dress from Amazon. The dress was reportedly originally shared to a private Facebook group for weather broadcasters, and took off from there because it adhered to the guidelines meteorologists are subject to when it comes to what they can wear on TV. "At $23 we could buy a handful of these dresses for what we normally pay for just one," Meteorologist Shelby Hays told TechInsider." Many female meteorologists are subject to a strict dress code for what they can and cannot wear on air. Patterns are considered 'too busy' and there are often regulations on sleeve length or style," Tech Insider reported. FUJITAGIRL83/IMUGR.COM

JOHANNA SCHNELLER **WHAT I'M WATCHING**

A strained self-awareness

Doll & Em: Season 2, Episode 5 (HBO)

The actress Emily Mortimer (The Newsroom) and her best friend Dolly Wells, playing fictionalized versions of themselves, have written a semi-autobiographical play that's about to open off-Broadway. The rehearsal process has been fraught; there's palpable tension between the playwrights and the actresses playing them, Olivia Wilde and Evan Rachel Wood. Now all four women are sitting with an eager reporter.

"Why did you cast much younger actresses to play you?" the reporter asks Em.

"I wouldn't say 'much' younger," Em demurs.

"Oh, yes, much," Wilde and Wood sputter.

"At least ten years," the reporter says blithely.

"Really, ten years?" Em mutters, rattled yet irked.

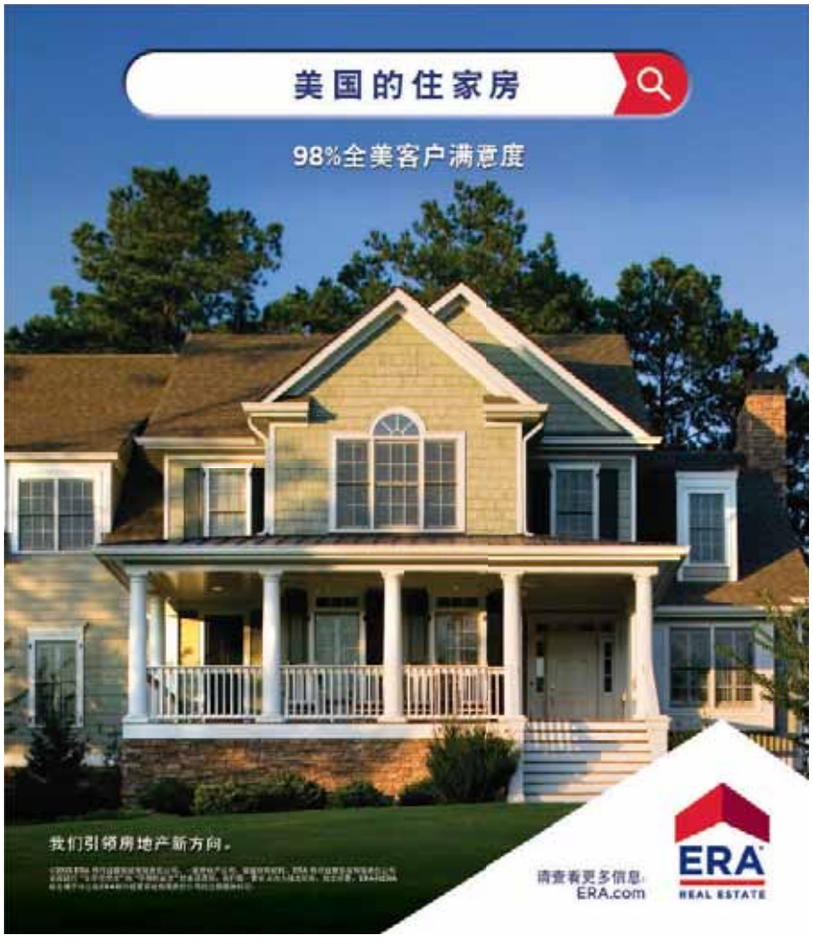
This series is nothing if not subtle — the humour sneaks up on you. Only after I finished all 12 episodes (divided over two seasons) did I really get it: It's about reinvention.

How easy it is to get stuck in one definition of ourselves. How much we yearn to change, to become someone no one expects us to be. And how difficult it is to break out of that box — because of self-doubt, yes, but also because others don't want us to.

Wells and Mortimer, creators and stars of Doll & Em. CONTRIBUTED

The show's creators, Mortimer, Wells, and Azazel Jacobs, made the smart decision to throw no external obstacles in Doll and Em's path: They easily land a producer, a theatre, a cast. So they'll either succeed by their talent, or fail on their limitations. Em is a star and Doll a civilian, but their problem is the same: Whatever happens, it's all on them.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



LEARNING CURVE

What did you learn this semester?

ALANA TRACHENKO

Depending on what your major is, hopefully you learned more about calculus, forestry or inner-city development. But more importantly, this past semester has been a time for students to simply become better students. How and when to study, when to take a break and how to shut off social media are all important skills that students must learn. For many, staying on track is a longstanding challenge.

"My biggest challenge this semester was staying focused on the work at hand," said University of Winnipeg student Adrienne Tessier. "I would constantly be distracted by looking at graduate programs or law schools. I think it comes from getting closer to the end of my degree. But I'm learning that I can't leapfrog over my undergrad if I want to both enjoy this time and reach where I want to be."

Tessier is in her third year of a honours degree in political science. She says that while getting good marks is always a priority, her number one goal is to enjoy herself along the way. "Mental health is important," she says.

Fourth year biological sciences student Tobi Nifesi says his biggest obstacle this past semester was time management. Nifesi finds visual scheduling to be a useful tool.

"I tackle it by making a mental list of priorities based on urgency and importance," he says. "I give myself deadlines and use a productivity board."

Already preparing for another semester, Nifesi says he would advise students in his shoes to be realistic about how much work they'll be able to do.

"Be realistic and practical with your time," he suggests. "Don't take on more than you can chew… and don't play first, work later. There will be enough time for play if you finish your work earlier." With only a few courses left in his undergrad, Nifesi says his goal is simple: "Ace them." When it comes to majors like politics that can be subjective in nature, you tend to get out what you put in. Tessier suggests asking questions and examining different angles.

"Examine the viewpoints that you're being taught," she says. "So much of politics is inquiring about things for yourself, especially if you want to get the most out of your degree."

Her study hack is a Chrome extension called Strict Workflow, which blocks any websites that tend to be procrastination go-to's. For Nifesi, a quiet room without too many distractions does the trick.

"Somewhere without too many windows works for me," he says. *-ALANA TRACHENKO*

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TURN PASSION INTO CAREER

When, while working in travel, Justin Miniaci decided to change paths and turn his lifelong passion for music into a career, he looked to the Trebas Institute.

"When doing research, I learned Trebas was established in 1979 and it is well known in the industry so that was a major determining factor," says Miniaci, who completed the institution's 48-week audio engineering and production/DJ arts program in April and is currently a subcontractor for a company specializing in location sound for film and TV.

The school, which also facilitates programs in entertainment management, event and venue management, and film and television production and post-production, employs a practical approach in preparing students for the field.

"You apply theory in class right away and because the instructors are still in the industry, they give you the most relevant knowledge," Miniaci says. "They aren't so much instructors as they are mentors. They had and continue to have a vested interest in my success and how I am applying what they taught me."

In addition to the in-class hands-on learning, the school boasts labs with industry standard recording and editing equipment, which students can access even outside of class time. They are also, says Miniaci, allotted opportunities for real world experiences and networking through volunteer opportunities at Toronto music staples such as Canadian Music Week.

"You come out with a solid foundation and knowledge of how the industry works," he says.

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Classroom evolution at Humber College

From blackboards to whiteboards to smart boards, classrooms must change with the times. At Humber College, that evolution has resulted in the creation of Humber Interactive Space (HIVES) — part of a $21.4 million investment to enhance the school's North Campus F building.

"Humber has never sat idle and waited for others. We are always on the cusp of technology, and labs and classrooms are part of that," says Jason Powell, dean of the college's School of Health Sciences of the facelift, which involved adding two additional floors onto an existing two-storey structure. "This is the most important thing we have done at Humber College in years to ensure we remain relevant."

Part of the space, which opened in September, caters to students in the School of Health Sciences as it features anatomy, biochemistry and cadaver labs, facilities for Humber's new biotechnology diploma program, along with a full suite of funeral services learning resources, including embalming and cosmetology labs, a cold-storage room and a casket selection room.

"The Classroom Redesign project was an internal look at the spaces we had and how we could update them to respond to shifts in teaching and learning theory," says Powell. "What we learned was the way of the future is flexible and adaptable learning spaces where students can work in small groups. Generation Y is very social and interactive."

Created with input from students, the college community and stakeholders, HIVES forgo traditional row seating in favour of collaborative tables that contain LCD screens, mobile work pods and all the essential cords and cables students need to connect with fellow learners.

"HIVES really underpin how adaptive the spaces of the future have to be," says Powell. "For example, the LCD screens at each table can display content from sources like a student's laptop or even a phone. Also, content can be projected onto just that table's screen or two or three or all of the other screens in the room."

Students enjoy Humber's North Campus F building lounge space, which is part of enhancements made to the facility. RYAN PATTERSON – HUMBER COLLEGE

The additions to Humber's North Campus F building also include student lounge spaces that feature tables and floor-to-ceiling whiteboards, complete with markers, to encourage informal learning, says Powell.

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Sheridan program gets vibrant new setting

Increased space needs for a growing program and the opportunity to offer classes in facilities that will be energy efficient have prompted Sheridan College to move its architectural technology/technician program, in the fall of 2016, from its Brampton, Ont. Davis Campus to the Hazel McCallion campus in Mississauga, Ont.

"This is an opportunity to place the program in a vibrant setting that will excite our student body," says program coordinator and professor Christopher Ferguson.

The move to the offering, which can be completed in two years as a technician diploma or three years (with the possibility of three paid work placements) as a technology advanced diploma, will also allow students to study the environment in which they will learn, says Ferguson.

"Viewports into walls, floors and ceilings, exposed ceiling areas and constructed assemblies of materials will be done throughout the teaching spaces," he says. "Specific sustainable technologies that are planned will benefit students and their learning objectives, such as an interiorized living green wall.

CONTRIBUTED

"It is also known that the project has an aggressive energy efficiency target. Once it is known how the design team will meet the target in the final building, we will introduce those measures in the classroom as living examples of the proposed functioning systems."

The program, which is taught by former practitioners and has been offered at Sheridan for about 25 years, emphasizes the techniques of architectural design: structure, building science, management, legal issues, computer-aided drafting and building information modelling as well special focus areas in sustainability, Leadership in Energy and Environmental Design issues, emerging green technologies and heritage conservation.

"Students typically enter our program with a healthy enthusiasm for studying architecture, but haven't had the opportunity to explore it in their high school education," says Ferguson. "Prior knowledge is not an issue as we anticipate and plan for starting with a clean slate from our first day."

Graduates, says Ferguson, find work with companies that specialize in delivering architectural services or provide products to the construction industry. Others, meanwhile, are successful in furthering their education into applied degree programs of various disciplines, including architecture or project management.

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The program includes a hands-on practicum that will help students springboard into one of many diverse jobs in the field, including jobs at medical clinics, specialists' offices, insurance companies, acute care wards, extended care centres, and more. Many CDI College graduates have gone onto exciting careers including as medical office receptionists, medical file clerks, ward clerks, and medical transcriptionists. There are many facets of the industry to explore.

The medical office environment is one that provides many challenges and learning opportunities. Students at CDI College's Medical Office Administrator program will be well-prepared for them with essential skills including comprehensive training in Microsoft Office Suite, general business skills, medical office skills, and in bookkeeping, payroll and accounting software.

For more information, visit CDI College Business Technology Healthcare online at study.cdicollege.ca, or call 1-800-360-7186.

ENRICH YOUR LIFE WITH LANGUAGE COURSES

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It is not unusual to walk the halls of Seneca College and hear students practicing presentations in languages ranging from Tamil to Italian. That's because the college offers training in nine different languages through its modern languages courses and certificates.

"These courses are for people who are interested in career advancement, in wanting to gain a broader cultural awareness for travelling, and those who want to increase their analytical and problem solving skills because learning a new language certainly requires that," says Fiona Bain-Greenwood, chair of English and liberal studies at Seneca.

While French was Seneca's first language course, the college has since relied on student input and trends to expand its offerings to include American Sign Language, Italian, Japanese, Chinese, Korean, Portuguese, Spanish and Tamil, says Bain-Greenwood.

"French is still the most popular," she says, "but American Sign Language has seen tremendous growth. Up next, we'll be offering a business French course, which will focus on the language in a business context."

The school facilitates varying 14-week levels of instruction for each language and students may be assessed to determine the level in which they will be placed. Faculty members who teach the courses are native speakers of the language they teach, says Bain-Greenwood.

"Learning another language really does expand your view of the world," she says. "The world is so small these days that learning a little bit more about other cultures can enrich your life." For more information about Seneca's modern languages training, please visit senecacollege.ca/ce/language.

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ECE program staying ahead of curve with blended format

In response to changing student needs and to ensure it remains forward thinking, Centennial College's early childhood education (ECE) is beginning to introduce a blended learning format.

"The way it works is that certain classes in a particular course are completed online," explains Maria Roberts, coordinator of child studies and early childhood education. "Students don't lose face-to-face contact with their instructors but have more control over how learning happens. For example, if you work part-time and you know one of your classes next week won't require you to come in, you can pick up a shift and complete the class work when it's convenient."

The addition of blended learning, says Roberts, doesn't take away from the very practical nature of the ECE offering, which teaches students to provide high standards of care to children and their families.

During the two-year diploma program, students are sent into the field three times for placements that focus on different aspects of childcare.

Centennial also remains one of the few Ontario colleges to operate state-of-the-art early childhood education centers, which serve as lab schools.

"The lab schools benefit students because they allow them to observe the children as well as the ECE educators to see the practices they are taught being played out in real life through a one-way mirror without overwhelming the children," says Roberts. "We are also in the process of investigating the possibility of streaming the goings-on at the lab schools right into classrooms so we can further make the learning come to life."

While the changes to the program, says Roberts, are part of a tradition of being on the cutting edge of both ECE research and approaches to teaching, what really makes Centennial different from other schools is its location.

"We are in such as diverse area of Toronto," says Roberts of the program, which is facilitated at both the Progress and Ashtonbee campuses due to high enrollment. "We attract a wide range of students — from those who just finished high school to second career learners to those who are reestablishing themselves in Canada. There is such a rich, diverse program here."

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Right-handed starter Johnny Cueto has reportedly rejected a six-year, $120-million offer to join the Arizona Diamondbacks

NHL BUDS LOOK TO RISE ABOVE OILERS Maple Leafs defenceman Dion Phaneuf, left, and the Oilers' Oscar Klefbom collide on Monday night at Air Canada Centre. The Leafs were in search of their first win in four games. Go to metronews.ca for the story. DARREN CALABRESE/THE CANADIAN PRESS

Raptors star has only love for Kobe

NBA

DeRozan says he has tried to emulate former MVP

DeMar DeRozan was 16 years old when he was invited to Kobe Bryant's camp for the top 25 American high school shooting guards.

A friendship grew between the Toronto Raptors all-star and the third leading scorer in NBA history.

And moments after the Raptors' 107-102 loss Sunday night to Phoenix, DeRozan talked at length about Bryant, calling it "an honour" to know him. Bryant announced Sunday night via a post on The Players' Tribune that he'll retire at season's end, capping a 20-year NBA career.

"It's crazy. The knowledge that he tended to give me every time I got the chance to be around him, especially at a young age, carrying over to the league, it was definitely an honour," DeRozan said. "I tried to listen as much as possible, soak in as much as I could all of the time. It's crazy how much time flies."

Bryant was DeRozan's favourite player while growing up in Compton, Calif.

"I've tried to emulate and learn so much from him ever since I was a kid, watching every single game growing up in Los Angeles, having a chance to get with him and learn from him, from conversations even when I was in high school from playing against him, competing against him, being in big games with him," said DeRozan.

"It's definitely a sad, sad day but he's been in the game a long time."

Bryant, 37, has struggled mightily with injuries the past several years, and is shooting a career-worst 32 per cent this season. But DeRozan said that won't taint how he's remembered.

"It don't matter. That man has five rings, 17 all-stars, MVP," DeRozan said. "There's nothing he hasn't done. It's just Father Time catching up with him, injuries catching up with him this past year. People will appreciate it when he's away from the game."

> **To do it 20 years at a high level, you have to give that man every credit in the world.**
> DeMar DeRozan

DeRozan said his favourite Kobe memory was when the Lakers superstar dropped a staggering 81 points on the Raptors in 2006. DeRozan, who would join the Raptors as a rookie three years later, said he felt like he was playing a video game watching the high-scoring spectacle unfold on TV.

THE CANADIAN PRESS

DeMar DeRozan TORSTAR NEWS SERVICE

BLUE JAYS

Shapiro close to filling GM position

With Major League Baseball's annual winter meetings set to begin next week in Nashville, Blue Jays president Mark Shapiro appears to be closing in on naming a new, permanent general manager.

According to the latest industry buzz, Shapiro has narrowed his search to two finalists: Tony LaCava, the Jays' longtime front-office executive who has served the role in an interim capacity following Alex Anthopoulos's abrupt departure at the end of the season; and Ross Atkins, the Cleveland Indians vice-president of player personnel who worked for Shapiro in Cleveland for more than a decade.

Rene Francisco, assistant GM of the Kansas City Royals, also recently interviewed for the job, according to reports.

It is no sure thing an announcement will come by the end of this week, but it makes sense that Shapiro would want his front-office roles settled by the winter meetings, baseball's annual off-season convention when team executives, player agents and league officials conduct most of their face-to-face negotiations. The meetings are not the trade and signing frenzies they once were, but it's still among the sport's most important gatherings, when the frameworks of trades and contracts — if not the deals themselves — are often established. So it would be a convenient deadline for Shapiro to confirm his right-hand man.

Atkins, 42, has spent his entire professional career with the Cleveland Indians, who picked him in the 38th round of the 1995 amateur draft as a right-handed pitcher out of Wake Forest University.

Tony LaCava THE CANADIAN PRESS

Atkins, who was promoted to his current role as vice-president last year, has heard his name floated for other general manager vacancies in recent years and earlier this year interviewed for the Los Angeles Angels' job.

In LaCava, Shapiro has another familiar face. The 54-year-old Pennsylvania native has worked in Toronto's front office for the last 13 years, serving as the top lieutenant to both Anthopoulos and his predecessor, J.P. Ricciardi. LaCava also previously worked for Shapiro as a scout in Cleveland before joining the Jays.

TORSTAR NEWS SERVICE

MLS

Morrow staying put with Toronto FC

Toronto FC has re-signed defender Justin Morrow to a multi-year deal.

The 28-year-old has made 69 appearances across all competitions in two seasons with Toronto. He had two goals and five assists over that span.

Morrow has four goals and 12 assists in 136 career Major League Soccer appearances over six seasons.

He joined Toronto in a Dec. 16, 2013 trade with the San Jose Earthquakes.

Internationally, Morrow has one cap for the United States which was earned in a Jan. 2013 friendly against Canada.

"Justin has been an important player for Toronto FC over the past two seasons, and he is part of our core group we feel we can build our defence around," Toronto FC general manager Tim Bezbatchenko said in a statement. "Aside from his contributions on the pitch, Justin is a great representative of our club off the pitch, with his tireless efforts in the community. We are all very happy to re-sign Justin." THE CANADIAN PRESS

Justin Morrow THE CANADIAN PRESS FILE

McDavid's rehab is flying but not facing Leafs 'sucks'

NHL

Oilers' star sad to miss Toronto game but return to ice is closer

Connor McDavid will have to wait at least another 11 months to play his first NHL game at Air Canada Centre. He won't have to wait as many months as feared to get back into game action.

Originally considered out "months" with a broken left clavicle, McDavid said Monday that his rehab is ahead of schedule. This year's top draft pick who was injured Nov. 3 isn't skating yet, but he says he's pain free and hopes to be back sooner than expected.

"Obviously it's healing well," McDavid said. "It's kind of the long run where it feels good and you want to start doing everything, but at the end of the day you've still got to let it heal." McDavid, considered a generational talent, had five goals and seven assists in his first 13 games with the Oilers. That kind of start made him a front-runner for the Calder Trophy as rookie of the year.

He was starting to feel comfortable at the pro level when he slammed into the boards in Edmonton against the Philadelphia Flyers and broke his collarbone. Coach Todd McLellan called McDavid a "catalyst" who made teammates, namely Nail Yakupov, better.

"We think that Connor is one of our top players as an 18-year-old," McLellan said before Edmonton's game against the Toronto Maple Leafs. "You take anybody's star player out of the lineup and it's a big hole to fill."

The Oilers were 5-8-0 with McDavid in the lineup and are 3-6-2 since. A victory in Pittsburgh on Saturday made for a better mood around the team, but it's clear there's a ways to go.

From afar, McDavid sees a team that is close to winning but not close enough.

"We just seem to find ways to lose games," McDavid said. "I know that's not an excuse or anything, it's a mindset, and if we could find a way to switch some of those one-goal games around we'd be in a different situation."

> **We just seem to find ways to lose games.**
> Connor McDavid on the Oilers' form since his injury

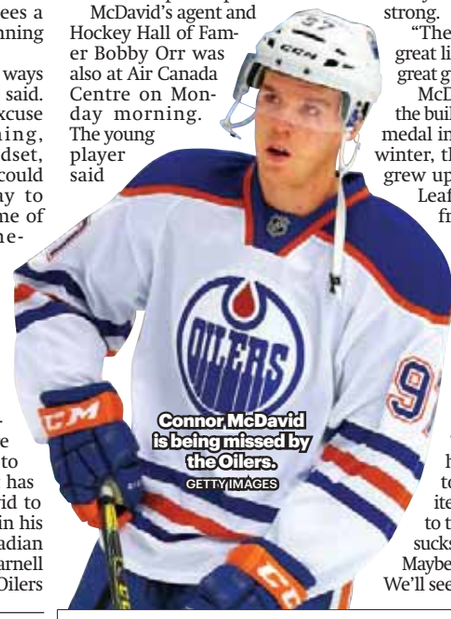
McDavid said he'll let doctors figure out when he'll be able to return. In the meantime he's warming up his shoulder before working out and trying to stay in shape. Mentally it has been difficult on McDavid to miss so much time early in his professional career. Canadian world junior teammate Darnell Nurse said he and other Oilers players have been trying to keep McDavid's spirits up.

McDavid's agent and Hockey Hall of Famer Bobby Orr was also at Air Canada Centre on Monday morning. The young player said the support he has received from the hockey community has been strong.

"The hockey world is great like that, they're all great guys," McDavid said.

McDavid was back in the building he won a gold medal in with Canada last winter, the same place he grew up watching Maple Leafs games as a fan from nearby Newmarket. He was disappointed not to be able to take the ice in Toronto for the first time in the NHL.

"Obviously this one hurts a lot," McDavid said. "You want to play here in your hometown. I was definitely looking forward to this one, for sure. It sucks, but it is what it is. Maybe for the World Cup. We'll see." THE CANADIAN PRESS


Connor McDavid is being missed by the Oilers. GETTY IMAGES

NHL IN BRIEF

Rangers' Stepan out for 4-6 weeks with broken ribs

Rangers coach Alain Vigneault said centre Derek Stepan will miss four to six weeks because of broken ribs.

Vigneault made the announcement Monday following the New York Rangers' morning skate. Stepan injured the ribs in Friday's loss to Boston. He has six goals, six assists in 23 games this season. THE ASSOCIATED PRESS

First star for Dallas' Benn

Dallas Stars left-wing Jamie Benn, Washington Capitals goaltender Braden Holtby and Montreal Canadiens centre Alex Galchenyuk have been named the NHL's three stars of the week.

Benn shared the league lead with four goals and six points as the Stars continue their best start to a season in the franchise's 48-year history (19-5-0, 38 points). Holtby posted a 4-0-0 record with a 1.75 goals-against average, .945 save percentage and one shutout to lead the Capitals to the top of the Metropolitan Division standings. THE CANADIAN PRESS

MLB

Tigers' big-bucks deal for pitcher

Free agent pitcher Jordan Zimmermann has finalized a $110 million, five-year contract with the Detroit Tigers.

Zimmermann gets $18 million in each of the next two seasons, $24 million in 2018 and $25 million in each of the final two years.

Jordan Zimmerman THE ASSOCIATED PRESS

As part of the agreement announced Monday, he has a full-no trade provision through 2018, then can be dealt to 10 teams without his permission during 2019-20. The 29-year-old right-hander went 13-10 with a 3.66 ERA last season for Washington, striking out 164 with 39 walks. In 2014, he went 14-5 with a 2.66 ERA.

Detroit forfeits its second-round pick in June's amateur draft and Washington will gain a compensation selection, No. 38 overall. THE ASSOCIATED PRESS

Montreal Canadiens' goalie Carey Price BRUCE BENNETT/GETTY IMAGES

NHL

Habs facing long spell without Price

The Montreal Canadiens survived one nine-game stretch without star goaltender Carey Price, but now they'll will be missing him a lot longer. The Canadiens announced Monday that Price will be out at least six weeks with a lower body injury that he sustained during a 5-1 win over the Rangers in New York last week. He will not require surgery.

Last season's Hart and Vezina trophy winner is expected to miss at least 16 games, with only a slim chance he could return for the Winter Classic outdoor game Jan. 1 in Boston, if he heals quickly.

"He's a big part of our team," said defenceman P.K. Subban. "But if we think we're going to get any sympathy from the teams we're going to play in the next six weeks, we're not.

"The good thing is we've had to deal with not having Price in the lineup for a little while already and we know what that means. We have to pull our socks up."

The injury returns first-year back-up Mike Condon to the hot seat. The Boston-area native went 5-2-2 the last time Price was out from late October to mid-November, although he started to look shaky at the end of that run. THE CANADIAN PRESS

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Esks shed mediocre tag

CFL

Longtime staff, players, fans rewarded with Grey Cup

The Edmonton Eskimos returned home with the Grey Cup Monday in what the team and fans agreed was as much a celebration of excellence as an exorcism of a decade of mediocre football.

"Having been here my entire career ... those dark years were really personal for me, and we worked tirelessly at trying to make sure that we could deliver something that these fans deserve," said Eskimo general manager Ed Hervey.

Eskimos quarterback Mike Reilly agreed, as behind him fans took pictures of the slightly pockmarked Cup as it sat on a table in the airport reception lounge.

"It's been 10 long years and we're just excited about having the opportunity to go and take that cup to our fans," said Reilly.

"We all did it together. They stuck with us through the dark times and that's what we had to go through to get to the bright times."

The Eskimos brought home their 14th Grey Cup, landing before noon at the Edmonton International Airport in a plane decorated in CFL team logos.

They were greeted by green and gold clad fans, cheering, blowing horns and singing the team's fight song.

With players, their families and fans it was over 200 people in the waiting lounge.

The Eskimos defeated the Ottawa Redblacks 26-20 at Investors Group Field in Winnipeg for their first Grey Cup win since 2005.

But it wasn't just the decade-long drought that followed that left a dry taste in fans' mouths. It was also the chronic mismanagement tinged by moments of melodrama for a team that was once the (green and gold) standard of the league.

> **I think I'm most proud of (the fact that) the culture of the Edmonton Eskimos is back.**
> GM Ed Hervey

Until 2006, the Eskimos had not missed the playoffs since 1972, a string of 34 consecutive seasons.

The Eskimos had authored two dynasties, for three years in the mid-1950s and then five in a row starting in 1978.

But since 2006 the Eskimos have not strung together more than two consecutive playoff seasons, missing the post-season four times. When head coach Chris Jones took over in 2014, he inherited a 4-14 ballclub.

Coaches came and went: Danny Maciocia, Richie Hall and Kavis Reed.

Eskimos head coach Chris Jones carries the Grey Cup through the airport after returning to Edmonton on Monday. JASON FRANSON/THE CANADIAN PRESS

Eric Tillman came in as general manager in 2010, traded franchise quarterback Ricky Ray, frittered away the lifeblood Canadian content on the roster, and was gone by 2012.

Anger often boiled over, like in 2009, when defensive end Xzavie Jackson, after a fight with teammate Aaron Fiacconi in practice, left the field only to return moments later, marching toward Fiacconi with a shovel. Maciocia managed to intervene.

Even Hervey, the famous former Eskimos receiver who took over for Tillman in 2012, was not immune.

Frustration in 2013 over what he was seeing on the field led him to angrily announce roster and play-calling changes that led to questions over whether Reed had become a figurehead coach.

Lori and Seth Noble, season ticket holders since 2008, endured most of that, but said they always believed the team would come around.

"We've been hanging in there through the rough years, but we've always seen really good potential," said Lori, one of the fans on hand to greet the team.

Seth said they had come from a long night of celebrating the Cup win in Drayton Valley.

"It was great," said Seth. "It's what we've been waiting for."

THE CANADIAN PRESS

OUTLOOK

'We've been built to do this multiple times'

Mike Reilly doesn't see the Edmonton Eskimos being one-hit wonders.

The Grey Cup MVP believes the Eskimos have the framework in place to win multiple championships.

"We'll celebrate it, recoup for a couple of months but then the work gets that much harder because we're not built to do this once," Reilly said. "With the GM we have, the coaching staff we have and the players they've brought in, we've been built to do this multiple times and it's on us to make sure that happens."

Edmonton GM Ed Hervey has plenty of work to do this off-season, however, with the likes of kicker Sean Whyte, running back John White, receivers Adarius Bowman and Shamawd Chambers (Grey Cup's top Canadian), defensive lineman Almondo Sewell, linebacker J.C. Sherritt and defensive back Aaron Grymes all projected to become free agents.

Mike Reilly
GETTY/IMAGES

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RECIPE Butternut Squash and Black Bean Quesadillas

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This is an immunity-boosting, vitamin packed recipe. But you can just tell your family that you're having quesadillas for dinner!

Ready in
Prep time: 45 minutes
Serves 4

Ingredients
- 15 cups butternut squash, peeled and cubed
- 1/2 tsp cumin
- 1/2 tsp cinnamon
- 1 tsp chili powder
- Pinch of salt and pepper
- 1 Tbsp olive oil
- 1 x 14 oz can black beans, rinsed
- 2 cups grated cheddar cheese (or Monteray Jack or Mozzarella)
- Big handful of cilantro, chopped
- 8 tortillas

Directions
1. Preheat the oven to 350 F.
2. In a large bowl, toss cubed squash with the spices and olive oil until well coated. Spread evenly on baking sheet and place in oven for 20 minutes. Remove from oven and add beans to the baking sheet. Stir together and spread evenly. Place back in the oven for another 20 minutes.
3. Drizzle oil in a skillet over medium heat. Place a tortilla down and spread 1/4 of the squash and bean mixture right to the edge of the tortilla. Sprinkle 1/2 cup of grated cheese and a bit of cilantro. Top it with another tortilla. Place a plate on top and press down firmly. Cook for about 5 minutes until the tortilla is golden and the cheese is beginning to melt. Carefully flip the quesadilla over and cook for another five minutes.
4. Repeat with the rest of your tortillas and squash. Cut the cooked quesadilla into quarters like a pizza and serve with guacamole, sour cream and salsa.

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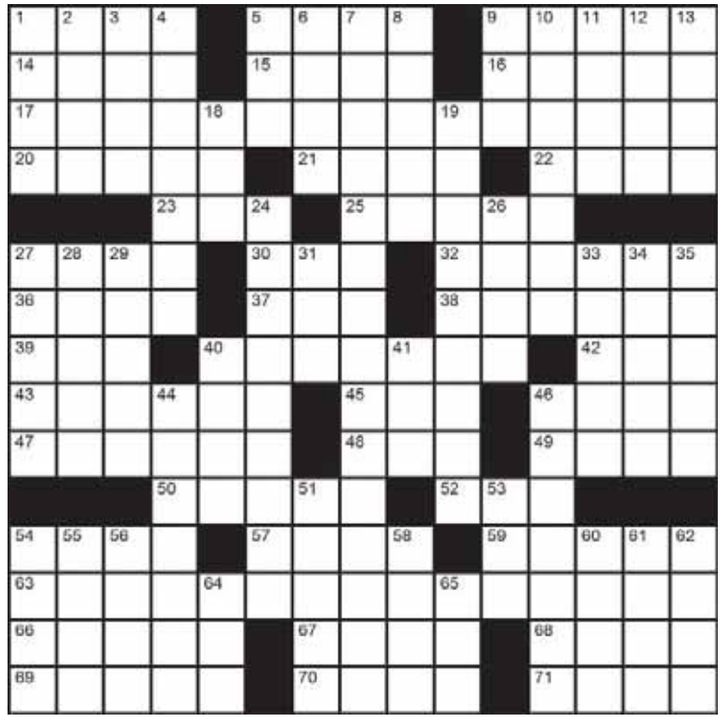
BY KELLY ANN BUCHANAN



ACROSS
1. Wizard's tool
5. Posh cars
9. Prized violin, e.g.
14. 'Acoustic Soul' artist, India.__
15. Hurt
16. Prefix to 'comedy' (Theatrical genre)
17. High-tech shoes Michael J. Fox famously wore as Marty McFly: 2 wds.
20. Lovely place to stroll
21. "Am _ __ late?" (Is there still time?)
22. Try to find
23. "__ Wednesday" (1973)
25. Jagged
27. Very dry, as per champagne
30. "Wowy!"
32. Museum tour guide
36. Soaks flax
37. "Let It Ride" gr.
38. Shred of a shredded shirt
39. Post-op locale
40. Dorothy __, "The Golden Girls" role
42. Bale of __
43. Like a scarecrow's filling
45. Kim, to Khloe
46. Sprightlinesses
47. Rather: 2 wds.
48. Gnaw
49. Formerly, in verse
50. "Luck Be _ __" by Frank Sinatra
52. Bungle
54. Long-range weapon, commonly
57. Scientific name of the Staghorn Sumac shrub which grows in southeastern Canada, _ Typhina
59. Novelist Dame Christie, cutely
63. 'Models' in sewing rooms: 2 wds.
66. 1940s jazz
67. The pair
68. "Eight Is Enough" actress Ms. O'Grady
69. Perfect places
70. Keen on
71. Book of __ (Old Testament book)

DOWN
1. Hymenopteran insect
2. Space
3. Zilches
4. Overcomes
5. Sheared-one's call
6. Gladiator's 1201
7. It's in northern Canada: 2 wds.
8. Gentleman, in Galicia
9. Toronto's 'Union', e.g.
10. Cut into threes
11. Shed implement
12. James __ (Pulitzer-winning writer)
13. Frisbee, __-shaped
18. L.A.'s 'L'
19. Refined asset: 2 wds.
24. One might have pet chickens and a large vegetable garden: 2 wds.
26. Marinate
27. Lively
28. 'Straight'-meaning prefix
29. Street sign sort
31. Prefix to 'logist' (Ear doctor)
33. Surgery aid, back in the olden days
34. Some tides
35. Affairee's appointment
40. Interestingly-named Canadian artist with the 1979 hit "Call Out My Name"
41. Ms. Vardalos
44. Joy __ (Author of 1960 lioness book Born Free)
46. Patio framework
51. United Arab Emirates capital, Abu __
53. U.K. military service
54. "_ __ happy to!"
55. Money: Deb. opposite
56. Ms. Neuwirth
58. Cobblestone
60. Small weight
61. "_ __ expert but..."
62. 'Photosynth' suffix
64. Madonna's first hubby ...his initials-sharers
65. 17th Greek letter

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You are at your most generous — you'll do anything for anyone no matter the cost. Don't worry if people try to take advantage — they'll get what they deserve in the end.

Taurus April 21 - May 21
You will come to the aid of someone who is in need of defending, but don't fall into the trap of thinking that you have to be there for them every time. Sooner or later they must learn to stand on their own two feet.

Gemini May 22 - June 21
A friend or work colleague will try to make a big deal of something that you think is of little or no importance today. Strive to see the situation from their point of view.

Cancer June 22 - July 23
Rise above petty things and focus only on positive words and deeds. If someone seeks to get ahead at your expense you must not go looking for revenge.

Leo July 24 - Aug. 23
You know what is right, you know what is just and you know what you must do. More than any other sign you have the power to follow things through to the end, so keep going.

Virgo Aug. 24 - Sept. 23
If others say nasty things about you don't say nasty things in return — there's no need. Those who know you well won't believe it and those who don't know you well will be impressed by your dignified manner.

Libra Sept. 24 - Oct. 23
You have pushed yourself hard in recent weeks and have accomplished a lot but now you need to take life at a less frenzied pace. There may be things that need doing but you don't have to do them all yourself.

Scorpio Oct. 24 - Nov. 22
You have so many opportunities to choose from. Money matters are central, so look for ways to increase your cashflow. Creative activities of all kinds will be especially rewarding.

Sagittarius Nov. 23 - Dec. 21
Stay focused and there is no limit to what you might accomplish. Today's Mercury-Uranus link will give you some amazing insights into how you can make the most of your talents.

Capricorn Dec. 22 - Jan. 20
You may look calm on the outside but your emotions are all over the place. Don't keep your feelings bottled up. The longer you keep a lid on things the bigger the inevitable explosion will be.

Aquarius Jan. 21 - Feb. 19
The more someone promises you riches and rewards for just a small investment today the more certain you can be that they are lying and hoping to get rich at your expense.

Pisces Feb. 20 - March 20
Get on the right side of employers and important people but don't make promises you may not be able to keep. Just be yourself and have faith that they will like what they see.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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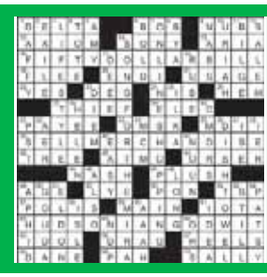

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